

jīn^H kai hee-arai basi-o mayraa satgur tay sant̄ bhalay bhal bhaa^{Nt}

ml wr mhl w 4] (1264-7)	malaar mehlaa 4.	Malaar, Fourth Mehl:
ij nəkYhlArYbisE myrw siqgurūqy sṭq̄ Bl yBl Bwīq]	jīn ^H kai hee-arai basi-o mayraa satgur tay sant̄ <u>bhalay</u> <u>bhal</u> <u>bhaa^{Nt}</u> .	Those whose hearts are filled with my True Guru - those Saints are good and noble in every way.
iqn@dKymrw mnuibgsYhauiqn kl sd bil j Wq]1]	tīn ^H <u>daykhay</u> mayraa man bigsai ha- o tīn kai sad̄ bal jaa ^{Nt} . 1	Seeing them, my mind blossoms forth in bliss; I am forever a sacrifice to them. 1
igAwnl hir bd huidnu rwiq]	gi-aanee har bolhu dīn raat̄.	O spiritual teacher, chant the Name of the Lord, day and night.
iqn@kl iqṭsnw BK SB aqr̄l j o gurmiq rwm rsuKwīq]1] rhwau]	tīn ^H kee tarisnaa <u>bhookh</u> <u>sabh</u> utree jo gurmat̄ raam ras <u>khaa^{Nt}</u> . 1 rahaa-o.	All hunger and thirst are satisfied, for those who partake of the sublime essence of the Lord, through the Guru's Teachings. 1 Pause
hir kydws swD sKw j n ij n imil Aw l ih j wie Brwīq]	har kay daas saaDh <u>sakhaa</u> jan jin mili-aa leh jaa-ay <u>bharaa^{Nt}</u> .	The slaves of the Lord are our Holy companions. Meeting with them, doubt is taken away.
ij auj l dD iBṭh iBṭh kwFYciix hṭsl w iqaudḥl qycix kwFYswDU hamYqwiq]2]	ji-o jal duDh <u>bhinn</u> <u>bhinn</u> kaadh̄ai chun̄ hansulaa ti-o dayhee tay chun̄ kaadh̄ai saaDhoo ha-umai taat̄. 2	As the swan separates the milk from the water, the Holy Saint removes the fire of egotism from the body. 2
ij n kYpṭliq nwhl hir ihrdYqy kptl nr inq kptukmWīq]	jin kai pareet̄ naahee har hirdai tay kaptee nar nit̄ kapat kamaa ^{Nt} .	Those who do not love the Lord in their hearts are deceitful; they continually practice deception.
iqn kawiKAw kael dje Kwvl YEie Awip blij Awpyhl Kwīq]3]	tīn ka-o ki-aa ko-ee day-ay <u>khavaalai</u> o-ay aap beej aapay hee <u>khaa^{Nt}</u> . 3	What can anyone give them to eat? Whatever they themselves plant, they must eat. 3
hir kw ichnusel hir j n kw hir Awpyj n mih AwpurKwīq]	har kaa chihan so-ee har jan kaa har aapay jan meh aap rakhaa ^{Nt} .	This is the Quality of the Lord, and of the Lord's humble servants as well; the Lord places His Own Essence within them.
DnuDṭhu gurUnwku smdrsl ij in inṭṭw asiq qrl qrWīq]4]5]	<u>Dhan</u> <u>Dhan</u> guroo naanak samadrasee jin nindaa ustat̄ taree taraa ^{Nt} . 4 5	Blessed, blessed, is Guru Nanak, who looks impartially on all; He crosses over and transcends both slander and praise. 4 5